NO SMOKING, KNOW HOPE!

WHY IS THIS A HEALTH PROBLEM?
Especially indoors, smoking is one of the most dangerous threats to the health of ALL living beings in the house, no matter their age or if they actually smoke themselves.

WHAT IS SECONDHAND SMOKE?
Smoke from any cigarette, cigar, or pipe - smoking indoors releases over 7,000 cancer causing substances into the air that then is absorbed into furniture, clothes, and the lungs of all house occupants, especially children!

KNOWLEDGE CHECK
Answers on back!

FACT OR FICTION?

A.
There is a safe way to smoke inside

B.
As long as the windows are open, no one is getting exposed besides the smoker

C.
If you don’t actually inhale a cigarette, there is no risk to your health

D.
cleaning removes all risk from secondhand smoke

E.
Smoking indoors is only harmful to adults
WHAT CAN YOU DO?
1. Eliminate all smoking indoors - there is no safe way to light up inside!
2. Talk to your doctor about strategies to quit smoking.
3. Make sure children know to distance themselves from anyone smoking.

SYMPTOMS OF SECONDHAND SMOKE EXPOSURE IN CHILDREN:
- Earaches/ear infections
- Coughing, wheezing, shortness of breath
- Infections like bronchitis, pneumonia
- More severe asthma attacks
- Increased risk of Sudden Infant Death Syndrome (SIDS)

You guessed it! All of the answers are FICTION - they are not true. The only way to protect you and your family from secondhand smoke is to say NO!

For more information on indoor air quality, smoking cessation, or how to remove smoke damaged furniture from your home, visit https://healthpromotion.gsu.edu/services/tobacco-cessation/

http://eco-act.org
(404) 584 - 6497

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